



# The 224th Communicator



1693 Glynco Parkway, Brunswick, Ga 31525-6806  
Comm: (912) 261-5611 Toll Free: (800) 743-9231 DSN: 358-5611  
Email: {monica.okie@gasava.ang.af.mil} Web: {http://224jcss.ang.af.mil/}  
No 01-09 Official UTA Duty Hours: 0730hrs – 1615hrs 8 & 9 September 2001

## WARNING!!

For all government travel (other than pipeline student, i.e., BMT/Split Option Trainee), you are now required to use your government credit card to purchase airline tickets and you will only be reimbursed if you follow the following procedures.

- 1<sup>st</sup> Contact TMO with dates, desired times and destination of trip. Within 1-2 business days prior to departure, contact TMO again with your credit card number.
- 2<sup>nd</sup> If you are TDY and need to make changes to your existing flight, contact Carlson Wagonlit at **1-800-468-2986** (this number is also on your flight itinerary sheet).
- 3<sup>rd</sup> If you are at a TDY location and need to purchase a ticket call Carlson Wagonlit or go to the TMO office on the base.

165th TMO Office (912)966-8291 or DSN 860-8291

Carlson Wagonlit: 1-800-468-2986

**FOR NO REASON SHOULD YOU GO TO THE AIRLINES OR ANOTHER TRAVEL AGENCY TO PURCHASE YOUR AIRFARE - YOU WILL NOT BE REIMBURSED!!!!!!!!!!**

**THERE ARE NO EXCEPTIONS!!!**

DENNIS A. MORRIS, Lt Col, GA ANG  
Comptroller, 165 AW/FM  
E-mail: Dennis.Morris@gasava.ang.af.mil  
DSN: 860-8281 FAX: 860-8551

## Government Travel Card Policy Changes

DOD will implement default split disbursement to the individual's travel card reimbursement not later than July 10, 2001.

Infrequent travelers will have their accounts closed or deactivated. (224<sup>th</sup> will deactivate).

DOD will establish procedures to implement salary offset for delinquent amounts not later than October 9, 2001.

The bank may charge a \$20.00 fee for expeditious delivery of cards. (Applies to short notice applications).

The bank is authorized to charge individual cardholders a \$29.99 return check fee.

The bank is authorized to charge ATM cash advance fees of \$2 or 3%, whichever is greater, for ATM cash advances.

## Dental Plan for Guardsmen

Dental Insurance for Traditional Guardsmen is available through United Concordia 800-866-8499 or [www.ucci.com](http://www.ucci.com). They have a list of participating dentists. Rates are \$7.63/mo. for member. \$19.08/mo with a dependent. \$47.49/mo. with a second or more dependents.

**Final Date for input in the October Communicator is 21 September 2001!**

~ SSgt Monica S. Okie

## Attention All Personnel

All personnel deploying OCONUS, will report for Mobilization Processing in Classroom 1, 0900hrs, Saturday, September 8, 2001. This is mandatory for all those deploying for this mission.

**No Show, No Go!**

***Hear ye! Hear ye! THREATCON ALPHA STILL IN EFFECT!! Learn all about it!***

## September Training Update – 2001

**Hours:** Normal hours are Saturday 0800 - 1615 and Sunday 0800 - 1615. **Telephone:** (912) 261-5715 or DSN 358-5715.

**Training Manager: MSgt David Bell**  
**Training Journeyman: SSgt Toni Z. Brandon**

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### THE SEPTEMBER SCHEDULE OF MISSION AND TRAINING REQUIREMENTS:

<u>SATURDAY</u>		<u>SUNDAY</u>	
1000-1100	EST Meeting	1000- 1100	Promotion Board
1500-1600	Family Support Group Meeting	1300-1400	Airman's Council Meeting
		1400-1530	Plans Meeting

### CDC AND CE INFORMATION

CE (End of Course Exam) Testing: All **ECI CDC examinations that are due will be administered at 0800 hrs Sunday, 9 September 2001**, in the Testing Room, Rm #A-111. Members will report with their **MILITARY ID CARDS, AF 623'S (TRAINING RECORDS) AND SUPERVISORS (NO ID CARD - NO TEST!)**. Remember, **you MUST bring your training record with you or you will have to sign a statement stating the reason WHY you don't have it with you!** These statements will be given to the 1SG and CC for further action.

Listed below is a complete list of all Course Exams on hand at the unit. For mandatory courses, members will **not** be allowed to test without their supervisor's written consent. Supervisors must be on-hand to acknowledge their trainees are indeed ready to test (for mandatory tests), and **WILL** be required to sign a statement to that fact. Individuals reporting late will **NOT** be allowed to test.

(**NOTE TO SUPERVISORS:** If any of your people who are scheduled to test **cannot** test due to their UTA work schedule, if they are absent, or if they are just not ready, call me in the Training Office at Ext. 5715).

### MANDATORY TESTS

#### Mandatory Course Exams on hand are:

<u>NAME</u>	<u>CDC</u>	<u>TEST NLT</u>	<u>EXP. DATE</u>	<u>NAME</u>	<u>CDC</u>	<u>TEST NLT</u>	<u>EXP. DATE</u>
HOPPER, G.	2E151B	01 Jan 02	8 Mar 02	PORTWINE, A.	2E653A	01 Sep 01	19 Oct 01
HOUREQUIN, A.	2S051A	01 Jun 02	17 Aug 02	ROBBINS, J.	3C1510	1 Jul 02	06 Sep 02
JOHNSON, A.	3A051B	01 Jan 02	08 Mar 02	ROBERTS, T.	49370	01 Dec 01	05 Feb 02
LIFE, T	3C051A	01 Mar 02	16 May 02	WILSON, A.	2E653A	01 Jan 02	08 Mar 02
MAXWELL, J.	3C051B	01 Jan 02	08 Mar 02	ZELLNER, M.	3C051B	09 Sep 01	06 Nov 01
MORRIS, G.	3A071	01 Oct 01	15 Dec 02				
NALDRETT, T.	2E251E	01 Jun 02	16 Aug 02				

### VOLUNTARY TESTS

#### Voluntary Course Exams on hand are:

<u>NAME</u>	<u>CDC</u>	<u>TEST NLT</u>	<u>EXP. DATE</u>	<u>NAME</u>	<u>CDC</u>	<u>TEST NLT</u>	<u>EXP. DATE</u>
ALDRIDGE, C.	00006D	09 Sep 01	03 Oct 01	MALLARD, G.	00006D	09 Sep 01	3 Oct 01
BOWEN, D.	00001	01 Feb 02	13 Apr 02	McCORKHILL, P.	00030A	01 Feb 02	07 May 02
CROOMS, W.	00005A	01 May 02	20 Jul 02	McKEE, D.	00006D	14 Oct 01	15 Nov 01
EGGLESTON, M.	00006D	09 Sep 01	03 Oct 01	MCMILLAN, R.	00001	14 Oct 01	27 Dec 01
GASKINS, B.	01900	01 May 02	17 Jul 02	NAAS, M.	00001	01 Feb 02	13 Apr 02
GLOVER, C.	00006D	14 Oct 01	15 Nov 01	WALACE, A.	00006E	01 Jan 02	08 Mar 02
GREGORY, C.	00001	01 Feb 02	13 Apr 02	WARD, R.	00001	01 Feb 02	13 Apr 02
HICKOX, R.	00005A	01 Jun 02	07 Aug 02	WHITE, J.	00005A	01 May 02	20 Jul 02
HUMPHREY, J.	00006D	14 Oct 01	15 Nov 01	WHITED, J.	00001	01 Feb 02	13 Apr 02
JOYNER, N.	00001	01 Jul 02	06 Sep 02	WILLIAMSON, K.	01900	01 Jun 02	06 Aug 02
LASTINGER, D.	00006D	01 Feb 02	04 May 02	YUTZ, J.	00001	14 Oct 01	27 Dec 01

**CDC PICKUP**

<b><u>NAME</u></b>	<b><u>CDC</u></b>	<b><u>DATE REC'D</u></b>
CROOMS, W.	00005A	30 Jul 01
HICKOX, R.	00005A	16 Aug 01
JOYNER, N.	00001	16 Aug 01
ROBBINS, J.	3C151	16 Aug 01
WADE, D.	00005A	16 Aug 01
WARD, R.	00001	17 May 01
WHITE, J.	00005A	30 Jul 01

**PLEASE NOTE:** Other CDC courses have been ordered and not yet rec'd as of this bulletin printing date; please stop by in the Training Office to see if they have come in after this bulletin printing.

**FYI:**

**ADMINISTRATIVE HOLD:** Means course is either being revised or ECI is temporarily out. Will be shipped as soon as they have these courses in stock.

**ENROLLED-MATERIALS ON THE WAY:** CDC's are currently going through "snail-mail" and should arrive at unit by this coming UTA. Stop in and pick them up.

**ANY OTHER TESTING INFORMATION WILL BE PROVIDED TO THE DUTY SECTIONS WHEN INFORMATION BECOMES AVAILABLE.**

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**SEPTEMBER CLASSROOM SCHEDULES:**

As of this bulletin printing date, the rooms that have been reserved for the month of September are as follows:

**SAT, 8 Sep 01:** CLSRM 1, RM A-109,

- 0900-Until
- Deployment Departure Briefing

POC: MSgt John Taylor

**SAT, 8 Sep 01:** CLSRM 2, RM A-110,  
01000 - 1200

- Retirees Meeting
- Mrs. Gidget Seawell

**SUN, 9 Sep 01 :** TESTING RM, RM A-111,  
0800-1100

- CDC Testing
- POC: SSgt Toni Brandon

**SUN 9 Sep 01:** CLSRM 1, RM A-109,  
• 0800 - 1600

- NOTHING SCHEDULED

**SUN 9 Sep 01:** CLSRM 2, RM A-110,  
0800 - 1600

- NOTHING SCHEDULED

**M-16 QUALIFICATION**

The following members must qualify on the M-16. Bus transportation will be provided to the Glynn County Police Firing Range.

**FIRST SHIFT 0800 – 1130 HOURS ON 8 SEP 01**

|                   |                   |                |                  |                |
|-------------------|-------------------|----------------|------------------|----------------|
| Allen, Kenneth    | Flow, Edwin       | Main, Larry    | Portwine, Alonzo | Tweedy, George |
| Beach, Robert     | Fountain, Timothy | Miller, Brian  | Sheppard, Tonya  | Ware, Douglas  |
| Bunn, Cheryl      | Gadson, William   | Page, Sharon   | Sili, Raymond    |                |
| Ehrhardt, William | Hickox, Robert    | Pelkey, Jimmy  | Smith, Marvin    |                |
| Ellis, Benji      | James, Perry      | Pockat, Margie | Taylor, John     |                |

**SECOND SHIFT 1300 – 1630 HOURS ON 8 SEP 01**

|                   |                   |                     |                      |              |
|-------------------|-------------------|---------------------|----------------------|--------------|
| Aldridge, Charles | Dickson, Lawrence | Gripko, Christopher | McElmurray, Clarence | Wade, Dorsey |
| Anderson, Faith   | Dugger, Larry     | Humphrey, Jeraline  | Purnell, Kenny       | Yutz, Joseph |
| Beck, Alan        | Fletcher, Artie   | Klawuhn, Jack       | Siniard, Stephen     |              |
| Beckum, Carlos    | Gantt, Pamela     | Mallard, Gary       | Tabb, Loraine        |              |
| Copeland, Jerry   | Gray, Maurice     | McCorkhill, Patrick | Vining, John         |              |

**FIRST SHIFT 0800 – 1130 HOURS ON 9 SEP 01**

|                   |                   |                 |                |                  |
|-------------------|-------------------|-----------------|----------------|------------------|
| Bradley, Michele  | King, Gretchen    | Naas, Michael   | Robles, Bruno  | Tuttle, Benjamin |
| Capulong, Eleanor | King, Michael     | Okie, Monica    | Smith, Gary    | West, David      |
| Chandler, Willie  | MacDonald, Joseph | Partin, Harold  | Taylor, Curtis |                  |
| Gaskins, Bullock  | Mainor, Velma     | Pinkham, Ronald | Thrift, Gary   |                  |
| Harbin, Floyd     | McKee, Darrel     | Poole, Lonnie   | Tucker, Milton |                  |

**M-16 ALTERNATES FOR ALL SHIFTS**

|                 |                 |                   |                    |                 |
|-----------------|-----------------|-------------------|--------------------|-----------------|
| Anderson, Gary  | Crosby, Johnny  | Dixon, Joseph     | Johnson, Charlie   | Walters, Cheryl |
| Brandon, Tonya  | Crownover, John | Eggleston, Marvin | Lastinger, Durward |                 |
| Corpus, Maureen | Dean, Priscilla | Hawkins, Johnny   | Schaaf, Christine  |                 |

**NOTE: Alternates will be notified if they are needed or not during drill weekend. Alternates will be on stand by notice during drill.**

**9 MM QUALIFICATION ON SUNDAY 9 SEP 01**

The following members will need to qualify on the 9 MM. Bus transportation will be provided to the Glynn County Police Firing Range. Time is 1300hrs – 1600hrs

|                 |                   |               |                 |              |
|-----------------|-------------------|---------------|-----------------|--------------|
| Branham, Robert | Naldrett, Thomas  | Pitts, Randal | Copeland, Jerry | Smith, Lecia |
| Crooms, William | Ehrhardt, William | Hampton, Ryan | Fletcher, Artie |              |

**ATTENTION: IF YOU ARE SCHEDULED FOR M-16 OR 9 MM AND YOU WILL NOT BE ABLE TO QUALIFY, PLEASE NOTIFY MSGT BELL AT 912-261-5715 OR EMAIL HIM AT (david.bell@gasava.ang.af.mil).**

**DIVERSITY TRAINING ON 9 SEP 01 IN BRUNSWICK**

Diversity Training will be held in Brunswick. Location will be announced later. The following members need to **report to the unit in civilian clothes** on 9 Sep 01. **AGAIN MEMBERS ATTENDING THIS TRAINING MUST WEAR CIVILIAN CLOTHES ON 9 SEP 01.**

|                |              |                      |                 |                  |
|----------------|--------------|----------------------|-----------------|------------------|
| Anderson, Gary | Cole, Aaron  | LaFlamme, Michael    | Purvis, William | Wiggins, Terrell |
| Beck, Alan     | Dyer, Larry  | McElmurray, Clarence | Walters, Cheryl | Yawn, Steve      |
| Bell, David    | Gray, Thomas | Mitchell, Lakeisha   | White, Jeffrey  | Wainright, Larry |
| Bunn, Cheryl   | James, Perry | Pelkey, Jimmy        | Wiggins, Daniel | Wade, Dorsey     |

**DIVERSITY TRAINING IN SAVANNAH ON 15 SEP 01**

The following members will need to attend Diversity Training in Savannah on 15 Sep 01. Location will be announced later.

|                    |                |
|--------------------|----------------|
| Hourdequin, Angela | Kennedy, Kiyon |
|--------------------|----------------|

**WALK/RUN MAKE UP TEST FOR FY 2001**

The following must make up their mandatory walk/run test. The walk/run test will be on Sunday 9 Sep 01 at 0800 hours. Members scheduled to test must wear their **PT clothes** to roll call on Sunday. **THIS IS A MANDATORY REQUIREMENT.**

|                   |                    |                  |                  |                |
|-------------------|--------------------|------------------|------------------|----------------|
| Andersen, Faith   | Ellis, Benji       | Main, Larry      | Sheppard, Tonya  | Williams, Andy |
| Bacon, Michael    | Fountain, Timothy  | McMillan, Rhonda | Siniard, Stephen | Wilson, Azim   |
| Burt, Shanicka    | Gantt, Pamela      | Murray, Lawrence | Smith, Don       | Wombolt, James |
| Capulong, Eleanor | Hicks, Timothy     | Nichols, Chad    | Stoner, Jack     |                |
| Culbreath, Calvin | Johnson, Dontavian | Purnell, Kenny   | Tabb, Loraine    |                |
| Dickson, Lawrence | Klawuhn, Jack      | Roberts, Thomas  | Whited, Jennifer |                |

## J1IP: MILITARY PERSONNEL

### Mandatory Appointments

POC: TSgt Smith, Ext. 5614

Mandatory appointments including medical, dental, and personnel are listed on the "S" drive in a folder entitled "Appointments." The file opens as a "read-only" file and lists who needs to be where to complete requirements during a UTA. Be sure to check and see if your name is listed and complete whatever action(s) is/are necessary.

If you do not have access to the Local Area Network (LAN) see your supervisor.

### Retirement

POC: 165<sup>th</sup> AW/MSF/DPMA, Ext. 8217.

Thinking about Retiring from the Georgia Air National Guard? There are a few things you should know before reaching this decision. For your benefit, it is necessary that you attend one of our Retirement Briefings. This briefing is held on Saturday of each UTA (mission permitting) at 1500 hours in the 165<sup>th</sup> AW/Headquarters Conference Room.. No appointment necessary and spouses are encouraged to attend as well. This briefing is designed for the Reserve (Age 60) retirement only (not intended for AGR or Technician Retirements). AGR or Technician members wishing to attend must also attend a separate briefing in their respective program.

What are the requirements for retiring? You must have a satisfactorily completed over 20 years service of which the last 6 years must be in the reserve component. Also, you must submit your application for retirement at least 90 days prior to but no earlier than 150 days prior to the effective date of retirement you desire. Additional requirements will be discussed at the retirement briefing. For more information contact your servicing Retirements Office

(165 MSF/DPMA, Bldg 1401, room 116). The phone numbers are: Commercial: (912) 966-8924 and 8217 or DSN: 860-8294 and 8217.

### Check out Virtual MPF for the Guard

- A secure means for conducting personnel actions from home and anywhere
- Currently 5 applications for Guard members and more to come
- find it at:

[www.afpc.randolph.af.mil/km/vMPF/vM PFHelpHome.htm](http://www.afpc.randolph.af.mil/km/vMPF/vM PFHelpHome.htm)

Access from any computer connected to the internet:

Duty History, Assignment Info, Performance Report Data (officers), Promotion Eligibility, Reenlistment Eligibility, Awards and Decs, Education and Training Info and more.

The Awards and Decs not only lists what you are authorized to wear but builds a full color ribbon rack for you to see. Way Cool!

### Did You Miss Any Drills?

POC: TSG Gary Smith, Ext. 5614  
Fiscal year 2001 ends 30 Sep 01. Which means that if you missed any drills, you **MUST** make them up prior to 30 Sep 01. If you wait until 1 October it's too late. Check your Leave and Earnings Statement (LES). The last one you received should be for the August UTA and should show 44 UTAs completed. If not, get with your supervisor this UTA and schedule your make-ups. (Prior to 30 Sep 01).

### Military Pay for New Enlistees

POC: Stephanie Raimey, 165<sup>th</sup> AW/Accounting & Finance. Ext. 8284.

MilPDS (formerly called MilMod) is still ongoing. I am in the process of trying to make emergency payments to new enlistees. This is going to take time and is a huge undertaking. Please be patient with me. Thanks for all your help and if you have any questions, please give me a call.

### Can't find your LES? No problem.

You can get it on-line. Go to:

<https://emss.dfas.mil>

Click "request access"

Department of Defense Employee/Member Self Service

E/MSS allows you to make certain changes to your pay information. To access the system, you enter your SSAN and a Personal Identification Number (PIN) .

If you do not know your CUSTOMIZED PIN or you have suspended it, you may re-activate your PIN On-Line in Employee/Member Self Service. If you cannot remember your customized PIN, you may establish a New PIN by entering any 4-8 numeric digit PIN three times. This will suspend your PIN record and screen displays will give you an opportunity to establish a new customized PIN on-line by entering the desired new PIN twice and by correctly responding to the identity validation questions.

If you suspended your customized PIN, enter your SSN and any 4-8 numeric digit PIN once. Follow the screen prompts to establish a new customized PIN by entering the desired new PIN twice and by correctly responding to the identity validation questions. You may also customize your PIN following the same procedures using the E/MSS IVR (phone) at 1-877-363-3677.



## Flag Detail Personnel Needed!



If you are interested in participating in future events or ceremonies here at the unit or out in the community, which involve a flag detail, please contact MSgt. Lecia T. Smith at ext 5703/5704.

Just remember someone may have to fold a flag over you one day!! We should all be proud to support our unit and communities in these events, whether it is a loss of a guard member or a retirement ceremony.

**LAN Access & Password Changes:** If you cannot log on to the server, it's probably because you have not taken the **SATE computer test** given by the COMSEC work center (MSgt Smith). Your LAN account has been temporally disabled by the 165 AW. The **ONLY** way you will be able to have E-Mail accessibility is to take the test and pass it. All password change requests must go thru Maintenance Control (MSgt Allen) for a job control number and it will be scheduled from 0900hrs to 1000hrs on Saturday UTA weekends by one of the LAN Administrators.

**UTA Staff Briefing:** 0645hrs, Saturday UTA, Classroom #1.

**Monthly UTA Personnel Appointments:** please see your supervisor for the Personnel Appointment lists this UTA.

**New Members to the Unit:** If you are a new member to the unit and your name is not called at roll call, you must report to the Personnel Office to fill out a NGB form 105s in order to get paid for the drill weekend.

**Birthdays in September:** Remember, taxes on your automobiles are due by your birthday. Also your drivers license might be up for renewal again. If you live in the state of Georgia and would like to save \$20.00 on one (1) car tag fee or if you need a new drivers license and would like to save \$15.00, come by the Orderly Room office for the appropriate forms. **IF YOUR BIRTHDAY IS IN THIS MONTH, THEN YOU HAVE TO BE WEIGHED. REPORT TO TSGT WALLACE'S OFFICE.**

#### Where to Find the Electronic Travel Voucher:

1. Go to the **"K"** drive. You can go to your Windows Explorer File to find the K drive.
2. Then click on the **"Forms"** file
3. Then click on **"DD"** file
4. Then click on **"Dd1351-2.frl"** file and there it is.

**Excusal from UTAs:** If you need to be excused from a UTA or if you need to reschedule a UTA, you need to *talk directly to your supervisor*. Do not leave a message on your supervisor's answering machine if you can help it. If you can not get a hold of your supervisor, call the section chief or OIC. **It is then the supervisor, section chief or OIC's responsibility to notify your Roll Call Leader.** Do not call the Admin section requesting to be excused from a drill. Members need to know what the contact number is to their work section or a number that they can reach their supervisor.

**Change of Address and Emergency Data:** You are required to update your records the first UTA after a change in address, dependents or emergency data. This can not be done by phone call. You must come to the Orderly Room and complete the following forms:

**224JCSS 512, Change of Address/Telephone:** This updates the Alpha Roster, Unit Locator and the addressing on your TDY orders.

**AF 1745, Address Change Form:** This updates your address in the Military Pay System and controls where your Leave and Earning statements, Travel Voucher Statements and tax statement are mailed.

**DD 93, Record of Emergency Data:** Directs who is notified in an emergency, who your beneficiaries for pay and benefits.

**Military Pay Rates:** To check the military pay rates effective January 2001, go to this link:  
<http://www.dfas.mil/money/milpay/pay/07-2001.pdf>.

**Unit History Books** are still available. See the First Sergeant while supplies last! Get 'em while you can, just \$45.  
~ Maj Harold Partin

## Logistics Manifest

September's UTA hotel billeting is at the  
Baymont Inn and Suites, exit 36a

### Lunch Saturday 8 September 01/11:30-12:30

Baked Ham  
Macaroni & Cheese  
Sweet Potatoes  
Scalloped Corn  
Salad Bar  
Rolls  
Assorted Cookies  
Coffee/Tea/Milk

### Lunch Sunday 9 September 01/11:30-12:30

Roast Beef  
Mashed Potatoes & Gravy  
Smothered Squash  
Salad Bar  
Biscuits  
Devils Food Cake  
Coffee/Tea/Milk

### Early Shift

|               |          |              |           |
|---------------|----------|--------------|-----------|
| J. Crosby     | M. Smith | D. Lastinger | W. Gadson |
| A. Threat Sr. | L. Poole | M. Pockat    |           |

## Military ID Offices:

### NSB Kings Bay GA

Bldg 1052 across from the base Clinic.  
POC: PM1 Buchanan  
(912) 673-4463 DSN: 573-4463  
Hours: 0800 – 1600 Mon – Fri.  
Thurs until 1800  
DD1172 required for all ID cards, military members must be in uniform.

### 165<sup>th</sup> AW, Garden City GA

Headquarters Building, Personnel  
POC: SSgt Marcus Finley  
(912) 966-8212 DSN: 860-8212  
Hours 0800 – 1700 Tues – Fri. & UTAs.  
Call ahead to ensure the system is available.

### Hunter AAF, Savannah, GA

Bldg 1209  
(912) 352-5726  
Hours: Mon – Wed: 9-11 and 1-4  
Thurs: 1-4 Fri: 9-11 and 1-2  
**Note:** Retirees must hand carry a copy of their discharge order with them when getting an ID card.

### Moody AFB: 347 MSS/DPMPS

3010 Robinson Road  
Moody AFB, GA 31699-1518  
(912) 257-4660 DSN: 460-4660  
Hours: 0730 - 1630, Mon-Tue; Thu-Fri  
0830 - 1630, Wed.

## Airman's Council Events

Sorry for the cancellation of Summer waves, in return the Airman Council is sponsoring Bowling night "Bowlarena" on Altama Rd. Instructions will be given during Sept drill by someone in the Airman council or ask for help from personnel. The games start from 6pm-9:30 p.m there will possibly be 10 lanes open. The Airman Council will provide for bowling games and shoes but food and etc.. will be own your own expense. Repeat food and etc. at your own expense. The Bowling event is really for personnel so please don't have a family reunion because were expecting at least 50 or more already. Thank you for your support and hope you have a good time please stay tuned for other events for the future like Softball tournaments, Christmas Party, etc.....

~ SrA Mshawi Ikner ~

**2001 UTA Schedule:** Please note, these dates are subject to change.

|                                |            |                      |
|--------------------------------|------------|----------------------|
| January 6-7                    | May 5-6    | <b>September 8-9</b> |
| February 3-4                   | June 9-10  | October 13-14        |
| * March 10-11 Changed to 3-4 * | July 14-15 | November 3-4         |
| April 7-8                      | August 4-5 | December 1-2         |

## IMPORTANT NOTICE!!!

\*\*\*This has already been implemented. One of our members has found that the travel voucher was processed completely and paid in a couple days, instead of a couple weeks.

Effective 10 August 2001, the 165 AW Financial Management Office will implement an electronic settlement voucher return program to better serve our customers. This allows our customers to receive copies of their paid voucher the same day the deposit is made into their account. The electronic voucher will be sent to any email address you wish (work or home). This method will be the default method of sending voucher copies. Please fill in the information below and return it to 165 AW/FMFT Attn: SSgt Holly Baker. If no response is provided your 165<sup>th</sup> AW e-mail address will be the default address.

Name: \_\_\_\_\_  
Last First MI

SSAN: \_\_\_\_\_ Duty Phone: \_\_\_\_\_  
(DSN if not locally assigned)

E-Mail Address: \_\_\_\_\_  
(Complete Email Please, i.e., johndoe567@aol.com)

Date Submitted: \_\_\_\_\_  
YYMMDD

Please send by snail mail to 165<sup>th</sup> AW/FMFT, 1401 Robert B. Miller Jr Dr., Savannah IAP, Ga 31498, fax to (912) 966-8658 (DSN) 860-8658 or email to [holly.baker@gasava.ang.af.mil](mailto:holly.baker@gasava.ang.af.mil).



# SAF-T-NEWS

From the 224<sup>th</sup> Safety Office, MSgt Andy Anderson

This is the first issue of the new “Saf-T-News” that will now be a part of the 224<sup>th</sup> bulletin.

## OSHA OFFERS TIPS TO PROTECT WORKERS IN HOT SUMMER WEATHER

Working in hot environments can be dangerous. In many industries, such as laundries, foundries, bakeries and construction projects, workers face conditions that make them especially vulnerable to safety and health hazards. Higher summer temperatures increase those risks.

The combination of heat, humidity and physical labor can lead to fatalities. In 1999, heat and hard labor killed 34 workers. There were 2,420 heat-related occupational injuries and illnesses reported that were serious enough to result in lost work hours.

Simple precautions, such as those listed on OSHA’s Heat Stress Card, can prevent many heat-related deaths and injuries. Available in English and Spanish, this laminated fold-up card is free to employers to distribute to their workers. It offers a quick reference about heat-related

injuries, including warning signs and prevention tips. Here are some examples:

- Encourage workers to drink plenty of water---about one cup of cool water every 15 to 20 minutes, even if they are not thirsty---and to avoid drinks that dehydrate the body such as alcohol, coffee, tea, and soft drinks with caffeine.

- Help workers adjust to the heat by assigning a lighter workload and longer rest periods for the first 5 to 7 days of intense heat. This process needs to start all over again when a worker returns from vacation or absence from the job.

- Encourage workers to wear lightweight, light-colored, loose-fitting clothing. Workers should change their clothes if they become completely saturated with perspiration.

- Use general ventilation and spot cooling at points of high heat production. Good airflow increases evaporation and cools off the skin.

- Train first-aid workers to recognize and treat the signs of heat stress and be sure all workers know who has been trained to provide aid. Also train supervisors to detect early signs of heat-related illness and permit workers to interrupt their work if they become extremely uncomfortable.

- Consider a worker's physical condition when determining fitness to work in hot environments. Obesity, lack of conditioning, pregnancy and inadequate rest can increase susceptibility to heat stress.

- Alternate work and rest periods, with rest periods in a cooler area. Shorter, more frequent work-rest cycles are best. Schedule

heavy work for cooler times of the day and use appropriate protective clothing.

- Check on temperatures, humidity and how workers are responding to heat at least hourly. You can access a PDF version of the OSHA Heat Stress Card online at: <http://www.osha-slc.gov/Publications/osha3154.pdf> or <http://www.osha-slc.gov/Publications/osha3155.pdf> for the Spanish version.

More information about heat and sun hazards can be found on the Centers for Disease Control and Prevention (CDC) <http://www.cdc.gov> and the National Institute for Occupational Safety and Health (NIOSH) <http://www.cdc.gov/niosh>.

Additional information on Heat Stress is available at: <http://www.labsafety.com/refinfo/ezfacts/ezf222.htm>

## TRAVELER’S THROMBOSIS

Welcome to the busy travel months of summer, a good time to learn about the little known condition called traveler’s thrombosis. This condition occurs when blood pools in the legs after long periods of inactivity and causes clots. This blood pooling is called deep vein thrombosis. The clots can eventually travel to the lungs causing a pulmonary embolism.

While recent news stories have pinpointed flying as a

major cause of this potentially fatal condition it can also occur while sitting in a car or on a train for long periods of time. Flying is implicated more often because being in a cramped, immobilized position can aggravate the problem even further.

To reduce the risk of blood clots you should try to move your legs and feet often. Switch sitting positions, avoid crossing the legs, drink plenty of fluids, and get up and walk around every one to two

hours. This may involve taking a walk on a plane or train or stopping a car ride for a break. If you are on an airplane, avoiding alcohol can reduce your risk of clots.

Some people are at greater risk of deep vein thrombosis than others. People with a history of blood clots in the legs, people with cancer, people on hormone therapy (including oral contraceptives,) smokers, pregnant women, and people who have recently had surgery or been immobilized for some

reason are at greater risk. Anyone in these risk groups should consult their physician. Common treatments include supportive stockings, medication or exercises to help make traveling safer.

Find more information on this condition at the Boston University Medical Center Web site: <http://www.bu.edu/cohis/cardvasc/vessel/vein/thrombos.htm> or consult your physician.



## The Gift of Giving

By MSgt (Ret) Gidget Seawell

### Safe Harbor Donations

Folks, I'm putting out a desperate "APB" to each one of you in hopes of obtaining children's Christmas items for our Safe Harbor Republic of Georgia Charity Drive. If it wasn't for our unit (and a few other organizations and/or private donations), the Christmas holidays would otherwise be bleak and dreary for many children! Please keep in mind the majority of children arrive at the Shelter with nothing more than the clothes on their backs... sometimes running away from extremely dangerous conditions that you and I just cannot fathom without having "been there" ourselves!

Safe Harbor is a private non-profit organization where funding is a concern. Around 67 percent of the operational budget comes from state and local grants, which are not guaranteed renewable. A children's shelter is a costly facility to run, requiring a minimum of two house-parents on duty 24 hours a day, food, clothing, medical care and counseling for up to 12 children from birth to 17 years of age. Upkeep on the warm, homelike building is another large expense. Since it's opening in 1991, Safe Harbor has served more than 1,240 children for a total of more than 20,000 service nights. There are many fund-raisers that are initiated for the purpose of raising money to help the shelter offset the above stated costs. But... we can do our part by helping to provide Christmas gifts for these children that those fund-raiser monies don't cover! (Also, during the year, I'm told, no children leave the Shelter without at least one stuffed animal they can keep, find comfort with, and completely own!)

I'm not asking unit members to go out and purchase Christmas gifts (tho'

you can if you want) - - Lord knows everyone has their own children and families to care for too. All I'm asking is if you would donate good, used toys that are still serviceable enough to put a smile on some child's face! Many of you have told me that your child/children have toys they have "outgrown" or "you need to clean out closets" . . . well, now is a good time to do just that! If you'd like a receipt (for tax purposes), I'll be glad to give one to you for fair and approximate cost of anything you donate. We only have three (3) more UTAs to "pull this off" - let's make this Christmas a great one for them. The Christmas season is a holy and reverent time of year, and God has always wanted us to "help out the little children." This is your opportunity to help do God's will. Please... won't you help?

Here's a condensed list of items the Shelter could use:

#### Stuffed Animals

#### Dolls

#### Board Games

#### Old "G" Or "Pg" Rated Videos

#### Socks (Still Usable)

#### Combs/Brushes

#### Soap (Those Little Individual Hotel Soaps, Shampoos, Etc)

#### Towels/Washcloths (Non-Frayed & Still Usable)

#### Canned Goods

Anything you may have that you would like to donate would definitely be appreciated by the Shelter's children and well used! The unit's response for the past two years has been overwhelming and most generous. Let's try to make this year a warm season of giving too!

### Humane Society Shelter Donations

OK, while I'm on the subject of donations, I'm also putting out another plea for all our four-legged friends. Please, **PLEASE, PLEASE...** BEFORE you throw those old, frayed, worn-out towels away... think again! The Humane Society and the Animal Control Center can certainly use any and all old towels you may have so they can wash and dry the animals at the Shelter. Also, any old and frayed scatter rugs you may have (maybe you've got some where the skid-proof rubber on the other side has finally washed away) can be used for mother animals to lay on with their young broods.

There are SO MANY lost and/or unwanted animals that are left to fend for themselves in scorching, hot weather or freezing temperatures. People think they can "fend for themselves" so they "drop off" unwanted litters or older animals. They don't realize what happens to them - they either die a slow, horrible death of starvation or suffer to death on the sides of roads after they have been hit (I'm not trying to make you lose your lunch but this - and so much more - is true). The **lucky ones** are those cats/kittens/dogs/puppies that are found and brought to our local Humane Society by good Samaritans who don't want to see them suffer. I say they're lucky because there they don't have to worry about where the next meal is coming from or trying to escape from the very often-harsh elements that hit our Golden Isles during summer or winter. They're lucky because they have Christa Weber, the Shelter's manager, and her wonderful staff that care about these four-legged creatures that look to us with only love and trust in their eyes. The only animals that are put to sleep are ones that obviously pose a safety threat

to people and or if they are sick and have communicable diseases to other healthy pets. All others are kept until they are adopted - - no matter how long it takes! (many people are under the assumption that animals sheltered there are kept for only a week or so and then destroyed - NOT TRUE!). I myself used to do volunteer work at our Humane Society many years ago, and they still maintain the highest of standards for their animals as they did back then - if not more.

Those of us that own - or have EVER owned a pet know how wonderful it is to have them by our sides to love (what therapy they are!), to "talk to," to stroke and care for. Our pets never judge us - they just love us. They give us so much more than we could ever realize so, I'm just asking for this one little favor for those who don't have a home - - yet. They next time we stop at our local grocery store, if each one of us picked up a can or two of dog or cat food, we'd have quite a bit to help out the Shelter with! And those old towels or rugs would definitely come in handy!

Drop off anything you'd like to donate at the Training Office. I know I can count on my military family to help out for such a good cause. You've always been there for me - how 'bout being there for them? **THANK YOU SO MUCH** - - from the bottom of our hearts (me and all our four-legged friends)!



## First Sergeant's Call



### Door Guards

Please report to your post promptly at the time & day specified:

#### Saturday

#### Sunday

|                 |           |                       |
|-----------------|-----------|-----------------------|
| Andersen, Faith | 0630-0830 | Goins, Justin         |
| Bailey, Valina  | 0830-1030 | Jackson, Tamara       |
| Brown, Terrence | 1030-1230 | Johnson, Dontavian    |
| Burt, Shanicka  | 1230-1430 | Johnson, Michael      |
| Dean, Priscilla | 1430-1630 | Lempesis, Christopher |

### Mess Check

|                  |             |                     |
|------------------|-------------|---------------------|
| Gregory, Clinton | 0615 & 1115 | Gripko, Christopher |
|------------------|-------------|---------------------|

### AF Form 357

Please report to the 1st Sgt's office:

|                    |                 |
|--------------------|-----------------|
| Corpus, Maureen    | Glover, Charles |
| Humphrey, Jeraline | Johnson, Angela |
| Johnson, Charlie   | Nichols, Chad   |
| Okie, Monica       | Sheppard, Tonya |
| Smith, Gary        | Smith, Kelly    |
| Sullivan, Dawn     | Wilson, Azim    |
| Corpus, Maureen    | Glover, Charles |

## ATTENTION BLOOD DONORS!

The unit will be conducting another blood drive on Sunday, 4 November

**GIVE THANKS, GIVE LIFE!**



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